

# Field Hockey for girls



Bridgewater Recreation in conjunction with Soccer Centers presents...

Spring & Summer 2012

## The Dutch Training Method

Total Dutch Field Hockey Skill Classes are based on the Dutch philosophy of coaching, which is, founded on the premise that the player's ball control and tactical development will receive top priority in training. Players will be grouped according to ability to make their experience challenging and enjoyable.

This unique training course of training is far beyond the static regimented training environment that most players experience today. Technical and tactical instruction will be conducted through the application of small-sided games so that players will experience a training environment that replicates the real game. Under the watchful eye of our Dutch trained coaching staff, players will begin to know WHAT to do, WHEN to do it and HOW to do it at the technical and tactical speed that is required in the modern game.

Training exercises will be selected by taking into account the age and level of ability of these groups. Based on staff assessment and recommendation, individuals may be moved to high level groups with parent notification and approval.

Each Skill Class is designed to help players achieve their maximum potential through progressive exercises that are age appropriate and individually and developmentally challenging. The basic method of training will focus on small side games, designed to help players improve their personal level of performance in the tactical, technical, and physiological areas of individual development.

Program director of Field Hockey Ingrid Alkoven graded C.I.O.S. 1995; Field Hockey license B; KNHB coaching courses; played for regional select team; played for Bloemendaal; played in National Competition (highest pro league); played ten years in the National 1<sup>st</sup> and 2<sup>nd</sup> division; Technical Director and head coach of "De Reigers"; assistant coach of professional club "HIC"; technical director youth program at professional club "HGC"; coached at several different clubs in the Netherlands; coached the US Field Hockey Camps; coached at several Division I college camps; coached the US Field Hockey U19 Girls Eastern Holland tour, for six years.

Three ways to register... in person at the Bridgewater Recreation Department (Municipal Building – 100 Commons Way) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the "REC" mailbox located in front of the Municipal Building before or after office hours, or via postal service.

## Field Hockey Recreation League:

This program will expose the girls to non-competitive instructional games with practice sessions designed by Total Dutch Field Hockey Coaches. TD Field Hockey Coaches will work with the players during games, assisting them in learning positions and maintaining spacing. To teach the players a better understanding of Field Hockey skills and rules, creating a foundation for future growth; 30 minutes of instructional drills and 30 minutes game. **Where:** All games are played at Soccer Centers

**What do you need:** Stick, shin guards and mouth guard. **Cost:** \$100 per player

Age:	Day:	Starting:	Time:	Price:
7-13    8 weeks, 1 hour p/wk (skip 2/11)	Saturday	3/24/12	10.00 am	\$100

## Skill Classes

### Field Hockey Little Sticks:

This program is designed for children between the ages of 7 and 10 and will introduce the players to field hockey. Children will be taught proper stick handling and be introduced to basic rules of the game. The emphasis will be on enjoyment with a gradual build up to small-sided instructional games.

Age:	Day:	Starting:	Time:	Price:
07-10    8 weeks, 1 hour p/wk	Thursday	3/22/12	5.30 pm	\$130

### Total Dutch FH Classes:

This class is designed to teach players various Field Hockey skills. We will focus on a different skill topic every week and teach it in a step-by-step way. Topics in this class are: receiving/ passing/ 1v1 offense/ 1v1 defense and scoring. Players will be separated by skill level from beginner to experience in order to optimize their training.

### Total Dutch Field Hockey I:

Age:	Day:	Starting:	Time:	Price:
10-12    8 weeks, 1 hour p/wk	Thursday	3/22/12	5.30 pm	\$130

## Total Dutch Field Hockey II:

Age:	Day:	Starting:	Time:	Price:
12-14 8 weeks, 1 hour p/wk	Thursday	3/22/12	6.30 pm	\$160
12-14 8 weeks, 1 hour p/wk	Saturday	3/31/12	11.00 am	\$160

## Total Dutch Field Hockey III

Age:	Day:	Starting:	Time:	Price:
14-18 8 weeks, 1 hour p/wk	Thursday	3/22/12	6.30 pm	\$160
14-18 8 weeks, 1 hour p/wk	Saturday	3/31/12	11.00 am	\$160

## Field Hockey Passing & Receiving I & II

This program teaches various passing and receiving techniques from all directions.

We will focus on the stick angle and body position.

Ages 12-18 or 1-2 years experience in Field Hockey required

Age:	Day:	Starting:	Time:	Price:
12-18 8 weeks, 1 hour p/wk	Saturday	3/31/12	9.00 am	\$160

## Intro to Field Hockey Camp

4 days

Monday – Thursday 9.30 am – 3.30 pm

3rd-8th grade

This introductory Field Hockey camp is constructed to introduce young players to the game of Field Hockey.

Participants will learn the proper stick handling and basic rules of the game in a positive environment.

This Camp will help your child to develop new skills, make new friends and most importantly have a memorable and fun camp experience!

Age:	Day:	Starting:	Time:	Price:
3rd-8th grade	Monday – Thursday	6/25	9.30 am – 3.30 pm	\$125
3rd-8th grade	Monday – Thursday	7/30	9.30 am – 3.30 pm	\$125

## Scrimmage & Games Camp

5 Days

Monday – Friday – 9:30 – 3:30 PM

All Ages

This camp is for all players who love to play the game of Field Hockey.

The best way to improve as a player is to play the game!!!

Participants will be introduced to the basic rules and different tactics of the game.

Different scrimmage games will be played in this camp.

Topics: 1v1, 2v1 and Small sided games

Age:	Day:	Starting:	Time:	Price:
All ages	Monday – Friday	6/25	9.30 am – 3.30 pm	\$215
All ages	Monday – Friday	8/20	9.30 am – 3.30 pm	\$215

## Goalie Camps

4 days

Monday – Thursday 9:30 – 3:30 PM

All Ages

The goalkeeper position is both physically and mentally demanding. With this in mind it is our goal is to have the players push themselves to their own limits. This in turn will unleash each player's strength and self-confidence to perform at the next level of play.

The position of goalie requires specialized instruction.

In Total Dutch Goalie Camp, the instruction will emphasize the proper technique in a controlled setting. We teach game situations with repetition of skills that are fundamental for success.

Camp topics: decision-making, reaction, clearing, slides (in all directions), blocks, self-confidence and of course our famous Slip & Slide!!!

Age:	Day:	Starting:	Time:	Price:
All ages	Monday – Thursday	7/16	9.30 am – 3.30 pm	\$260
All ages	Monday – Thursday	8/6	9.30 am – 3.30 pm	\$260

## Advanced Camp

5 days

Monday – Friday – 9:30 am – 3:30 PM

HS Age

This Camp is for the advanced players who are looking to improve their overall skill level. This camp will refine the player's fundamental skills and introduce them to advanced techniques and tactics used in modern Field Hockey. Total Dutch Field Hockey Coaches will be coaching various skill games and repetition. Players will be taught all aspects of field hockey with the emphasis on pressure play that is required to play on the next level of competition

Age:	Day:	Starting:	Time:	Price:
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All ages	Monday – Friday	<b>7/9</b>	9.30 am – 3.30 pm	<b>\$215</b>
All ages	Monday – Friday	<b>7/23</b>	9.30 am – 3.30 pm	<b>\$215</b>

## **Incoming Freshman High School Camp**

**5 days**

Incoming freshman only

Monday – Friday 9.30 AM -3.30 PM

This Camp is especially designed for the High School Incoming Freshman players.

Get ready for your High School try-outs by working on conditioning, skills and game sense.

Age:	Day:	Starting:	Time:	Price:
Incoming freshman only	Monday – Friday	<b>7/9</b>	9.30 am – 3.30 pm	<b>\$215</b>
Incoming freshman only	Monday – Friday	<b>7/30</b>	9.30 am – 3.30 pm	<b>\$215</b>

## **Incoming Freshman High School Evening Camp**

**4 days evening**

Incoming freshman only

Monday – Thursday **6.00 pm – 9.00 pm**

This Camp is especially designed for the High School Incoming Freshman players.

Get ready for your High School try-outs by working on conditioning, skills and game sense.

Age:	Day:	Starting:	Time:	Price:
Incoming freshman only	Monday – Thursday	<b>8/20</b>	6.00 pm - 9.00 pm	<b>\$160</b>

## **Special Skills Camp**

**5 Days**

All Ages

Monday – Friday 9.30 am – 3.30 pm

This camp is for all players who like to learn and use Special skills in the game. Total Dutch Field Hockey staff will coach and refine Special skills and introduce tricks used in modern "Turf" Field Hockey.

Topics: (drag) flick, aerial, strokes, (high) sweep, reverse sweep, chip shot, reverse chip shot, chop, akka, insert corner, corner stick-stop, corner striking, deflections etc.

Age:	Day:	Starting:	Time:	Price:
All ages	Monday – Friday	<b>7/16</b>	9.30 am – 3.30 pm	<b>\$215</b>

## **Special Skills Evening Camp**

**4 Days evening**

All Ages

Monday – Thursday **6.00 – 9.00 PM**

Age:	Day:	Starting:	Time:	Price:
All ages	Monday – Thursday	<b>8/20</b>	6.00 pm - 9.00 pm	<b>\$160</b>

**Bridgewater Recreation Department** 100 Commons Way – Bridgewater, NJ 08807 (908) 725-6373 [www.bridgewaternj.gov/recreation@bridgewaternj.gov](http://www.bridgewaternj.gov/recreation@bridgewaternj.gov)

" ===== " **2012 Spring & Summer Field Hockey** *checks payable to "Soccer Centers"*

Participants Last Name	Participants First Name	Date of Birth	age	DOB
Mailing Address	Town	State	Zip	
Parents First & Last Name				
Home #	Work #	Cell #		
Email Address	Class Name; Day(s); cost checks payable to "Soccer Centers"			

This can be a contact sport; injuries may occur. Please note that the Bridgewater Recreation Department nor Soccer Centers does not provide individual medical coverage for its participants. Each participant will be covered under his family's medical policy. It is recommended that families have insurance before that child participates. The Recreation Department & Soccer Centers reserves the right to cancel, alter, supplement, limit registration or change any other information.

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Parent/Guardian Signature

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Date